THE CLAIMS DEFINING THE INVENTION ARE AS FOLLOWS:

1. A method of for the treatment, control or prophylaxis of a viral infection in a mammal, the method including administering to the mammal an effective amount of a galactofucan sulfate from *Undaria*.

2. The method of claim 1, wherein the mammal is a human.

3. The method of claim 2, wherein the human is immunosupressed.

4. The method of claim 1, wherein the viral infection is caused by a virus selected from the group consisting of HSV-I, HSV-II, Varicella Zoster Virus, HCMV, EBV, Herpes 6, Herpes 7 and Herpes 8.

5. The method of claim 4, which controls reoccurrences of symptoms associated with the viral infection.

6. The method of claim 5, wherein the galactofucan sulfate is administered at least once daily for an indefinite period.

7. The method of claim 4 wherein the method treats or ameliorates symptoms associated with an active viral infection.

8. The method of claim 7, wherein the galactofucan sulfate is administered at least once daily for the duration of the symptoms.

9. The method of claim 1, wherein the virus is Acyclovir resistant.

10. The method of claim 1 wherein the galactofucan sulfate is administered orally at a dose of between about 0.05 to about 5.0g per day.

11. The method of claim 10 wherein the galactofucan sulfate is administered orally at a dose of between about 0.1375 to about 0.55g per day.

12. The method of claim 1, wherein the galactofucan sulfate is administered in association with sporophyll material from *Undaria*.

13. The method of claim 1 wherein the *Undaria* is *Undaria Pinnatifida*.

14. A process for obtaining a galactofucan sulfate extract from *Undaria*, the process comprising extracting plant material from Undaria in an aqueous solution having a pH of between about 0 and about 2, at a temperature of between about 0 and about 30°C, neutralizing the extracted solution and subjecting the solution to a separations step so as to separate out material having a molecular weight of less than about 10 000.

15. A composition for the treatment, control or prophylaxis of a viral infection in a mammal, the composition comprising an effective amount of a galactofucan sulfate obtained from *Undaria*.

16. The composition of claim 15 in a form suitable for oral administration.

17. A composition comprising a galactofucan sulfate extracted from the leaf of *Undaria* in combination with sporophyll material from *Undaria*.

18. The composition of claim 17 which comprises between about 12 to about 15wt% galactofucan sulfate.

19. The composition of claim 15, wherein the galactofucan sulfate has a weight average molecular weight of greater than about 200 000 Daltons.

20. The composition of claim 19, wherein the galactofucan sulfate has a weight average molecular weight of greater than about 500 000 Daltons.

21. The composition of claim 19, wherein the galactofucan sulfate has a weight average molecular weight of between about 500 000 and 1 000 000 Daltons.